



National Nutrient Database for Standard Reference  
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**Full Report (All Nutrients) 14019, Alcoholic beverage, tequila sunrise, canned**

**Report Date: July 04, 2017 14:58 EDT**

Nutrient values and weights are for edible portion.

Food Group : Beverages

**Carbohydrate Factor: 3.9 Fat Factor: 8.4 Protein Factor:3.4 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.1g	1 can (6.8 fl oz, 200 ml) 211g
<b>Proximates</b>						
Water	g	78.80	1	--	24.51	166.27
Energy	kcal	110	--	--	34	232
Energy	kJ	460	--	--	143	971
Protein	g	0.30	--	--	0.09	0.63
Total lipid (fat)	g	0.10	--	--	0.03	0.21
Ash	g	0.10	1	--	0.03	0.21
Carbohydrate, by difference	g	11.30	--	--	3.51	23.84
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<b>Minerals</b>						
Calcium, Ca	mg	0	1	--	0	0
Iron, Fe	mg	0.02	1	--	0.01	0.04
Magnesium, Mg	mg	7	--	--	2	15
Phosphorus, P	mg	10	--	--	3	21
Potassium, K	mg	10	1	--	3	21
Sodium, Na	mg	57	1	--	18	120
Zinc, Zn	mg	0.60	--	--	0.19	1.27
Copper, Cu	mg	0.042	--	--	0.013	0.089
Manganese, Mn	mg	0.014	--	--	0.004	0.030
Selenium, Se	µg	0.0	--	--	0.0	0.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	19.3	--	--	6.0	40.7
Thiamin	mg	0.038	--	--	0.012	0.080

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.1g	1 can (6.8 fl oz, 200 ml) 211g
Riboflavin	mg	0.016	--	--	0.005	0.034
Niacin	mg	0.190	--	--	0.059	0.401
Pantothenic acid	mg	0.088	--	--	0.027	0.186
Vitamin B-6	mg	0.050	--	--	0.016	0.106
Folate, total	µg	11	--	--	3	23
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	3	23
Folate, DFE	µg	11	--	--	3	23
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	5	--	--	2	11
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	97	--	--	30	205
<b>Lipids</b>						
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	9.4	1	--	2.9	19.8